

| Mon   | Tue   | Wed   |
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| <p>2<br/>10:30 Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Turkey Meatloaf w/ Gravy<br/>Whole Grain Bread<br/>Brussels Sprouts<br/>Garlic Mashed Potatoes<br/>Fresh Fruit<br/>1:00 Big Bingo</p>                       | <p>3<br/>11:45 LUNCH MENU<br/>Chicken Pot Pie<br/>(vegetarian available)<br/>Confetti Coleslaw<br/>Apple<br/>1:00 Movie: Bright Star</p>  | <p>4<br/>10:30 Line Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Salmon Fillet<br/>Brown Rice<br/>Steamed Spinach<br/>Minestrone Soup<br/>Banana<br/>Sugar-Free Pudding</p>   |
| <p>9<br/>10:30 Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Swedish Meatballs w/ Gravy<br/>Egg Noodles<br/>Baked Tomato<br/>Spinach and Cheese Salad<br/>Pineapple</p>  | <p>10<br/>8:30 HICAP<br/>9:15 Eyeglass Repair<br/>10:30 Book Club<br/>11:00 VTA—Route 34 Questions<br/>11:45 LUNCH MENU<br/>Pasta Primavera w/ Ham<br/>Whole Wheat Pasta<br/>Hard Boiled Egg<br/>Garlic Bread, Garden Salad<br/>Banana, Oatmeal Cookie<br/>1:00 Movie: Hear About the Morgans?<br/>2:00 Hearing Screening</p> | <p>11<br/>10:30 Line Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Chicken A La King<br/>Brown Rice Pilaf<br/>Au Gratin Potatoes<br/>Apple<br/>12:45 Bingo, lunch room<br/>3:00 Orchestra Performance, lunch room</p>  |
| <p>16<br/>10:30 Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Breaded Cod<br/>Spanish Rice and Black Beans<br/>Garden Salad<br/>Parsley Buttered Carrots<br/>Orange<br/>Sugar-Free Gelatin<br/>2:00 Newcomers' Group</p> | <p>17<br/>11:00 CSA Information + Referral<br/>11:45 LUNCH MENU<br/>Oven Roasted Chicken Breast w/<br/>Mushroom Gravy<br/>Brown Rice<br/>Sautéed Fresh Broccoli,<br/>Cauliflower &amp; Carrots<br/>Peaches<br/>1:00 Movie: Everybody's Fine<br/>1:00 Workshop: Lipreading</p>   | <p>18<br/>10:00 Podiatry Screening<br/>10:30 Line Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Beef Stuffed Bell Pepper<br/>Hard Boiled Egg<br/>Marinara Noodles w/ Garlic &amp; Basil<br/>Italian Blend Vegetables<br/>Fresh Fruit<br/>12:45 Bingo, lunch room</p> |
| <p>23<br/>10:30 Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Chicken &amp; Cheese Enchiladas<br/>Mexicali Corn w/ Bell Pepper<br/>Low-Sodium 100% Vegetable Juice<br/>Fresh Fruit<br/>Tapioca Pudding</p>               | <p>24<br/>9:15 Eyeglass Repair<br/>11:45 LUNCH MENU<br/>Beef Stew<br/>Whole Grain Bread<br/>Garden Salad<br/>Cantaloupe<br/>1:00 HICAP<br/>1:00 Movie: Avatar</p>   | <p>25<br/>10:30 Line Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Mediterranean Fish &amp; Brown Rice Pilaf<br/>Broccoli &amp; Cauliflower<br/>Carrot Raisin Salad; Apricot<br/>12:30 Alzheimer's Screening<br/>12:45 Bingo, lunch room</p>                         |
| <p>30<br/>10:30 Dancing, lunch room<br/>11:45 LUNCH MENU<br/>Spaghetti w/ Meat Sauce<br/>Marinated Salad<br/>Sautéed Fresh Broccoli<br/>100% Fruit Juice</p>  | <p>31<br/>11:45 LUNCH MENU<br/>Breaded Cod<br/>Corn Chowder &amp; Whole Grain Roll<br/>Sautéed Asparagus<br/>Oven Browned Potatoes<br/>Orange<br/>1:00 Movie: The Lovely Bones</p>  |    |

| Thu   | Fri   | Grilled Fish Steaks  |
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| <p>5<br/>8:30 Notary Service<br/>10:00 VTA Cards<br/>11:45 LUNCH MENU<br/>Chicken Asparagus<br/>Pecan Pasta<br/>Caesar Salad<br/>Tropical Fruit Cup<br/>Sugar-Free Jello<br/>1:00 SALA Appointments</p>   | <p>6<br/>10:30 Dancing, lunch room<br/>10:30 Blood Pressure<br/>11:45 LUNCH MENU<br/>Breaded Fish Fillet<br/>Whole Grain Roll<br/>Sautéed Cabbage &amp; Carrots<br/>Sautéed Mushrooms<br/>Orange<br/>1:00 Movie: Bright Star</p>                                    | <p><b>INGREDIENTS:</b><br/>1 clove garlic, minced<br/>6 tablespoons olive oil<br/>1 teaspoon dried basil<br/>1 teaspoon salt<br/>1 teaspoon ground black pepper<br/>1 tablespoon fresh lemon juice<br/>1 tablespoon chopped fresh parsley<br/>2 (6 ounce) fillets halibut</p>  |
| <p>12<br/>11:45 LUNCH MENU<br/>Baked Fish w/Seasonings<br/>Whole Grain Roll<br/>Sweet Potatoes<br/>Seasoned Broccoli<br/>Fresh Fruit</p>  | <p>13<br/>10:30 Dancing, lunch room<br/>10:30 Blood Pressure<br/>11:45 LUNCH MENU:<br/>Chicken Noodle Soup<br/>Whole Wheat Roll<br/>Squash<br/>Salad<br/>Cantaloupe<br/>Birthday Cake<br/>1:00 Movie: Hear About the Morgans?<br/>1:00 WORKSHOP: Memory Academy</p> | <p><b>DIRECTIONS:</b><br/>In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.<br/><br/>Place the halibut filets in a shallow glass dish or a re-sealable plastic bag, and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.</p> |
| <p>19<br/>11:15 Activity on Fats: Choose These &amp; Reduce These<br/>11:45 LUNCH MENU<br/>Chicken Cordon Bleu w/ Ham<br/>Pesto Pasta<br/>Green Beans<br/>Garden Salad<br/>Mandarin Oranges<br/>1:00 SALA Appointments<br/>1:00 WORKSHOP: Connecting with Alzheimer's</p> | <p>20<br/>10:30 Dancing, lunch room<br/>10:30 Blood Pressure<br/>11:45 LUNCH MENU<br/>Chinese Pepper Steak<br/>Brown Rice<br/>Oriental Vegetables<br/>Spinach<br/>Banana<br/>1:00 Movie: Everybody's Fine<br/><br/><b>SALA POWER OF ATTORNEY DAY</b></p>            | <p>Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.<br/><br/>Remove halibut filets from marinade and drain off the excess. Grill filets 5 minutes per side or until fish is done when easily flaked with a fork.</p>  |
| <p>26<br/>11:45 LUNCH MENU<br/>Spinach Salad &amp; Black Bean Soup<br/>Hard Boiled Egg<br/>Whole Grain Muffin<br/>Vanilla Yogurt w/ Bananas<br/>1:00 WORKSHOP: Online Shopping</p>  | <p>27<br/>10:30 Dancing, lunch room<br/>10:30 Blood Pressure<br/>11:45 LUNCH MENU<br/>Szechwan Chicken<br/>Brown Rice<br/>Sautéed Cabbage<br/>Green Salad<br/>Pineapple<br/>1:00 Movie: Avatar</p>  | <p><b>NUTRITION INFORMATION</b><br/>Calories: 554<br/>Servings Per Recipe: 2<br/>Amount per serving<br/>Total Fat: 43.7g<br/>Cholesterol: 62mg<br/>Sodium: 1259mg<br/>Total Carbs: 2.2g<br/>Dietary Fiber: 0.6g<br/>Protein: 36.3g</p>   |
| <p><b>NUTRITION PROGRAM</b> - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.</p>                   |   | <p><b>Prep Time:</b> 10 Minutes<br/><b>Cook Time:</b> 10 Minutes<br/><b>Ready In:</b> 1 Hour 30 Minutes</p>  |
| <p> = Meal contains more than 1000mg sodium</p>  |   |   |